



ALOHA PUMEHANA

June 2006 • Tony Baccay, Editor • Elderly Affairs Division Quarterly Publication
Department of Community Services • Mufi Hannemann, Mayor • City & County of Honolulu

A Century of Volunteering

Volunteerism—the simple act of promoting and listening, of giving and sharing, of saying “can do,” and of bringing hope and courage when the chips are down.



By May Fujii Foo

These are qualities that have distinguished this year's nominees for Volunteers of the Year. In this year of Honolulu's Centennial Celebration, **Ruby Silva** and **Peter Juhn** have exemplified volunteerism at its best. Chosen from among 96 of Oahu's finest senior citizens, they were honored at the *Mayor's 40th Senior Recognition Program* on April 24 as the 2006 Outstanding Female and Male Volunteers of the Year, reflecting the theme of *Extending Hands, Extending Lives: A Century of Volunteering*.

As 1,100 friends, family, and guests made their way into the lobby of the Sheraton Waikiki Beach Resort and Spa, they were treated to preprogram entertainment by the **Makua Alii Singers**. They stepped into the Maui and Kauai Ballrooms to the lively musical selections of **Bandmaster Michael Nakasone** for the **Royal Hawaiian Band**.

Making an encore appearance as Mistress of Ceremonies was **Carole Kai**, who personally thanked all the senior honorees for the work they do and who also spoke lovingly of her own mother. This year's guest entertainer was the incomparable **Karen Keawehawaii**, a funny lady with a great voice who kept the audience laughing and whose music

enchanted a dancer onto the stage for an impromptu hula.

The spotlight was devoted to the men and women who have given so much to their communities. Bedecked in red and white lei and rosette ribbons depicting the Centennial logo, the honorees basked in the appreciation of their many well-wishers. They were greeted on stage and handed Certificates of Recognition by **Mayor Mufi Hannemann** and Honolulu Committee on Aging member and Senior Recognition Program Chairperson, **Joan Naguwa**.

Mayor Hannemann and **Clint Arnoldus** of Central Pacific Bank, a major co-sponsor of the Senior Recognition Program,

gave the Outstanding Senior Volunteer awards.

The 2006 Outstanding Female Senior Citizen is AARP Hawaii's **Ruby Silva**. Ruby was selected for her active involvement with the Waianae Chapter of AARP as well as other Waianae Coast organizations to include coordinating the Food Bank Drive. Ruby was a full-time caregiver for 54 years for her paraplegic daughter and for the past 10 years for her spouse who suffered the effects of a stroke.

Both passed away in 2005. Even while shouldering this responsibility, at the request of a friend, she became a caregiver for a 79 year old person with a mental disability. Ruby is best known

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Mayor Mufi Hannemann presents certificates to Volunteers of the Year, Ruby Silva and Peter Juhn.

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as the “face” of AARP Hawaii’s Affordable Prescription Drug Campaign in 2004, and helped pass legislation creating Hawaii Rx Plus Program. Because of her service, she was invited to Washington D.C. to meet the President and his staff and talk about the need for affordable prescription drugs.

Peter Juhn, nominated by the City and County of Honolulu Kalakaua District Park, is selected as the 2006 Outstanding Male Senior Citizen. After suffering a stroke in 1985 and nursing himself back to health, Peter founded the Therapeutic Recreation Program at Kalakaua gym. His program quickly increased to 180 participants. He is a symbol of hope and courage for the participants and their families who attend the program. Peter built and adapted exercise equipment that helped develop strength to resume normal activities. Over the years, he has built more than exercise equipment: he has built a place where judgment and shame are thrown out the door; a place where seniors can connect with others; where they concentrate on abilities rather than disabilities. Peter is also an experienced boxing coach and referee and has offered children from low-income families the opportunity to learn the sport and apply the training learned in their lives.

Each year, the **Hawaii Medical Services Association (HMSA)**, a major co-sponsor of the recognition program, bestows the Akamai Living Lifetime Awards to seniors who made significant contributions in their communities. The award focuses attention on what we can do to age well. By presenting information on lifelong learning, enjoying activities, proper nourish-

ment, spiritual renewal, and making plans for our tomorrows, the Akamai Living Program intends to empower us to reach our potential – physically and mentally.

The Platinum Akamai Living Award is presented to **Doris Ikenaga**, nominated by the State Executive Office on Aging Sage PLUS Program. Dedicated, dependable, and committed, she not only helps the Sage PLUS Program but also volunteers at the Wesley United Methodist Church and is a Financial Aid Counselor to students entering the University of Hawaii. She was the sole caregiver of a widowed aunt for several years and currently shares caregiving responsibilities for a 96 year old family member.



Venus Holt, nominated by Central Union Church, is the Gold Akamai Living Award winner. For over 39 years, she has visited senior members of the church, neighbors in need, and members of the Retired Teachers Organization in getting transportation and other services. In fact, until the age of 98, she provided transportation for seniors who could not drive. A volunteer at the Honolulu Academy of Arts, the Bishop Museum and Punahou School, she is a member of the Daughters of Hawaii, an organization to perpetuate the legacy of Queen Emma. “Can’t” is not in her vocabulary. Staying active, including weekly swims in the ocean and eating healthy foods, is a part of everyday living. In addition to the Akamai Living Lifetime Award, Venus was also presented with the City’s Centenarian Award.



The Kalihi Valley community is fortunate that **Yolanda Padua**, nominated by the Kalihi Valley Elderly Program, has invested her leadership skills in so many organizations. The first of two Silver Akamai Living Award winners has participated in activities that promote healthy and safe living. She works tirelessly assisting those in need of food, clothing, help with household chores, medical and financial assistance. Yolanda is often referred to as the “Ambassador” in the community because of her assistance to so many in need.



The second Silver Akamai Living Award is bestowed upon a nominee from the Sage PLUS Program. **Dorothy Chock** is one of the “Shining Bright Lights” who, for the past eight years, has staffed the Sage PLUS Hotline answering questions from elders, their families, friends and caregivers. This task not only required a vast knowledge of the Medicare, Medicaid, Social Security, and elderly community resources, but required one to be a good listener and a willingness to help the callers. Dorothy possessed these skills and used her knowledge to also do presentations to other organizations.

The Bronze Akamai Living Lifetime Achievement Award is shared by **Kikue (Kaye) Higuchi** and **Narzal Conception**. Nominated by the Aiea Lani Seniors, Kaye served over 6,000 hours as a volunteer for the Aiea Lani Seniors, the Aiea Hongwanji Fujinkai, the



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Aiea Community Association, and the Mokoichi Okada Association. Throughout the years, Kaye has kept up with senior resources and community issues, making sure to share important information with fellow seniors. She believed that caring and giving to others is rewarded through self-satisfaction. Like the Ever-Ready battery bunny, Kaye never stops caring.



Narzal was nominated by the Filipino Community of Hawaii. Since his retirement, he has given over 13,500 hours of volunteer service to the Knights of Columbus, the Filipino Community of Hawaii, and the United FilAm Association of Hawaii. As president of the WWII Filipino Veterans, Narzal helped many of his fellow veterans when they needed assistance. He personally accompanied many to their

Clockwise from Left: Carole Kai emcees beautifully; Makua Alii dancer and musicians please the crowd; Songbird, Karen Keawehawaii entertains; Graceful hula dancer, Charlene Lorenzo moves with the music; Mayor Mufi Hannemann serenades (Photos courtesy of Michelle Witt from HMSA, Ann Kabasawa and Clyde Sugimoto).

medical appointments, church and other activities.

During the morning program, the first ever Lei Hulu Awards were presented to local businesses that have provided resources, programs and support for the kupuna in our communities. Nominated by Catholic Charities Hawaii, **Merrill Lynch** has opened its Honolulu office in December for the past 15 years for its sponsorship of Christmas Calls, a program that has allowed elderly clients of Catholic Charities Hawaii the use of their telephones to make free long distance calls worldwide.

Nominated by Lanakila Meals on Wheels Program, the second Lei Hulu was awarded to **Rainbow Sales and Marketing**. They have made substantial contributions to the Lanakila Rehabilitation Center Meals on Wheels Special Holiday

Delivery Program through its donation of ingredients for more than 3,000 meals and \$4,000 to purchase food for homebound and frail elders.

Judging is never an easy task. Mahalo to the Final Judges who had the task of selecting winners: **Wayne Hikida**, Island Insurance; **Michael Stollar**, HMSA; **Denise Takashima**, Territorial Savings Bank; **Clint Arnoldus**, Central Pacific Bank; **Kathy Best**, Castle & Cooke Homes Hawaii, Inc.; and **Nora Nomura**, Hawaii Government Employees Association.

In addition to **HMSA** and **Central Pacific Bank**, other corporate sponsors of the program were **Hawaii Government Employees Association (HGEA)**, **Island Insurance Foundation**, **Territorial Savings Bank**, and **Miramar Waikiki Hotel**.



By
Norma Koenig,
Project Director

RSVP enhances the lives of older adults through volunteerism and responds to community needs through partnerships with community agencies including schools. Older

adults who serve as volunteers understand the value of a life lived for others. Refusing to spend their later years reliving the past as they doze in a rocking chair, these wise citizens are found throughout the community offering their various talents to help others. In the process, they gain personal satisfaction, companionship, expo-

sure to challenging new ideas, and opportunities to expand and improve their skills.

The role of RSVP for senior volunteers is significant. RSVP's relationship with a large number of schools and non-profit agencies (stations) provides a huge array of opportunities for the aspiring vol-

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THE JOY OF GIVING

By Martha Samson, Project Dana Volunteer



At a Project Dana Anniversary celebration, I listened to **Reverend Eric Matsumoto** speak about the 7 kinds of Dana that the Buddha urged his followers to practice in their daily lives. Not until then did I realize how appropriately named Project Dana—"self-less giving"—is.

- The first kind of Dana is **physical**. This involves helping someone with a physical task, such as cleaning, gardening, or providing transportation.
- The second is **mental**. This simply means being thoughtful and mindful of the needs of others and it is the heart of Project Dana.
- The third is the **offering of one's eyes** for a gentle look of empathy and understanding that brings peace to others.
- The fourth is **countenance**, the offering of a smile. It costs nothing and it's something we all can use

every single day.

- The fifth kind is **verbal**. Project Dana volunteers give so much needed reassurance and companionship often with just a phone call. Hearing another's voice and making that connection dispels loneliness and isolation.
- The sixth kind of Dana is **offering one's seat** to a tired and weary person.
- The seventh is the **offering of shelter**. This may mean offering the hospitality of your home or providing services that enable the elderly and persons with disabilities to continue living in their own homes in comfort and with dignity.

I have volunteered for the same person for 16 years. Our relationship long ago transitioned from a volunteer/client relationship to a friendship. My friend suffers with rheumatoid arthritis and lives with the pain daily. Her routine revolves

around taking care of her health and managing the pain and side effects caused by medications. As you might imagine, my friend is not always a pleasant person to be around because the effects of her illness often leave her short of patience, frustrated, angry and depressed. She sees her physical abilities diminishing and she is frustrated that she is unable to do simple things like change her bed linens, run the vacuum cleaner, or reach to the top shelf of her kitchen cabinet. Even though these are things I can do for her, she's still frustrated that she needs the help.

We have been through a lot together. However, what we enjoy the most is our friendship and companionship. We call each other almost every day. I save funny stories that people send me on the internet and read them to make her laugh. She has no family and on Sunday evenings we enjoy a dinner just between friends. She looks forward to getting out of her apartment for something other than a doctor's appointment. We talk

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A devotee of history might wish to serve as a docent at Bishop Museum; a nature lover might find his niche at Foster Gardens or Lyon Arboretum; a mother whose children have grown and moved away might experience renewed fulfillment as a Guardian Ad Litem for a neglected or abused child. In addition to offering this wide range of possibilities, RSVP can ease the process of becoming a successful volunteer by making sure that an agency provides adequate orientation and training and that the volunteer's skills are appropriate to the tasks to be performed.

RSVP grew from a seed first sown in the early 1960's when the 1961 White House Conference on Aging stressed the need for older people to remain active through

service to their nation. In 1969, an amendment to the Older Americans Act established RSVP to help create volunteer opportunities for retired persons. Here, on Oahu, RSVP has worked for over 34 years to address the needs of our island

community by connecting older volunteers with partnering agencies. In 2005, 750 RSVP volunteers contributed over 112,000 hours of service in about 70 community agencies and schools.

In 2007, Oahu RSVP will celebrate its 35th anniversary, over three decades of successfully placing willing volunteers with programs appropriate to their abilities



Coletha Yen, RSVP volunteer for Head Start.

ties and strengthening the capacity of local agencies and schools to serve the public... A true cause for celebration!

RSVP is a program of the federal Corporation for National and Community Service and is sponsored, on Oahu, by Helping Hands Hawaii, an Aloha United Way agency. For more information, please call **536-6543**.

THE JOY OF GIVING
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about politics, my own work or family life. I try to steer the conversation away from her health problems. We try not to talk about the future for that scares her.

Appearance has always been very important to her. Even daily dressing is becoming a challenge, just to reach over her head to put on a dress or blouse, or keep her balance to step into a skirt or a pair of pants is becoming ever more difficult. Sometimes during the week I drop by her apartment after work to fix her hair. I dye her hair at the slightest sign of grey. These small gestures give her much joy. It's the little things we do that mean so much to people, to remind us that we are connected to each other, and share in the joys and pains of each other. It lets our friends know they are not alone.

I have learned lessons through my volunteer work. The first and foremost of these lessons is the gratitude I feel for my family and my

health. Through my Project Dana work, I've learned that I must take care of these things first if I am to continue assisting others. Secondly I realize that volunteer work is the obligation of every good citizen. I want to set an example and instill these values in my children. Last but not least, I have learned how important it is to ask for help when we need it. Most of us are embarrassed or ashamed to admit we need help. We are too shy to ask. But unless we ask for help, we deprive others of the experience and learning that comes from the practice of Dana.

Project Dana volunteers effectively provide guidance, assistance, reassurance, and compassionate care to those in need. Volunteer efforts help to build a world where compassion, kindness, love and caring are the guiding principles for our communities. There is no greater or more important work.

As Martin Luther King, Jr. once said, "Everybody can be great,

because everybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and your verb agree to serve. You don't have to know about Plato and Aristotle to serve. You don't have to know Einstein's "Theory of Relativity" to serve . . . you only need a heart full of grace, a soul generated by love, and you can be that servant."

In our Project Dana service, we aspire to see what needs to be done. We do what we can. Although we practice to serve without reward or recognition, the gratitude of the people we serve is beyond the ability to express in mere words.

(Martha Samson has been a Project Dana volunteer since 1989. When Rose Nakamura and Shim Kanazawa first formed the organization, she was asked to serve as Chair of the Advisory Board, which she did for five years, facilitating the board meetings. One day she was introduced to a woman in need of help and has been her exclusive volunteer for the past 16 years. More than just a volunteer effort, this has led to a lifelong friendship.)

Mark Your Calendars!

WHAT:
**CARING FOR FAMILY,
CARING FOR YOURSELF:
A CAREGIVERS'
CONFERENCE**



WHEN:
**Saturday, June 10, 2006
8:00 a.m. - 4:00 p.m.**

WHERE:
Hawaii Convention Center

WHY:
**In Hawaii, one in five
adults is caring for kupuna.**

Sponsored by HMSA, AARP, Alu Like and EAD, the conference will feature keynote speaker Clarence Liu, M.A., M.Div. This year's conference is being held in conjunction with the *Tools for*

Life Expo that runs for two days. The Expo will include a resource fair for caregivers. Attendees will have a chance to visit the exhibits and talk to the vendors on either Friday or Saturday. A free reception will be held on Friday from 4:30-6:00 p.m.

The Saturday caregiver sessions will offer family caregivers practical, up-to-date resources and skills to help them with their daily responsibilities.

Pre-registration cost is \$30.00 (includes lunch.) Scholarships are available. For a registration form or more information call the City's Senior Hotline at **523-4545** or download the registration form at www.elderlyaffairs.com.

THE HIDDEN COSTS OF CAREGIVING

By May Fujii Foo

The costs of caregiving for working caregivers often result in financial hardship. Decisions made affect their financial security. This is evident when caregivers decide to change from a full-time employee to working part-time. The impact is felt even when work hours are minimally reduced. Many caregivers will also decline a promotion requiring longer hours or travel.

Studies have found that, on average, caregivers lose over \$650,000 over a lifetime in reduced salary and retirement benefits.

Caregivers regularly pay out-of-pocket expenses for the person they

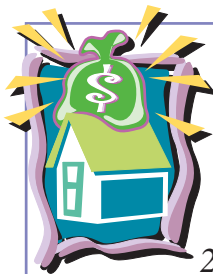
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are caring for without realizing the long-term consequences. Small expenses can add up quickly, spiral out-of-control, and could prevent saving for their own retirement.

The best advice is to create a written budget and keep track of spending. Set aside some money for emergencies. Most importantly, invest a small amount of money so that it can grow.

Discuss the financial impact of being a caregiver with siblings. Encourage them to participate and share in family financial planning. If they are unable to contribute financially, ask to take some of the caregiving tasks from you or offer you respite.

For more information or to obtain resources to help you, call the City's Senior Hotline at **523-4545**.



NEW TAX CREDIT APPLICATIONS NOW AVAILABLE

Eligible Honolulu homeowners may begin applying for a partial credit on their 2006-2007 and 2007-2008 real property taxes.

Application forms for the City and County of Honolulu's new **Tax Credit Program** are now available in Room 115 at Honolulu Hale, at all Satellite City Halls, and online at www.honolulupropertytax.com

There are four (4) conditions applicants must meet in order to be eligible for the tax credit:

- 1.** They must have a home exemption on their property during the tax year claimed;
- 2.** The combined income of all the titleholders of the property

immediately preceding the date of application may not exceed \$50,000;

3. The amount of 2006-2007 real property taxes must exceed 4% of the combined income for all titleholders; and

4. Neither the property owner nor any member of the owner's household may own any other property anywhere.

Applications will be available through September 30, 2006. For more information contact the Current Collections Staff at **523-4856**.

KUPUNA CARE SATISFACTION SURVEY

By Pat Tompkins, Chief Planner

Elderly Affairs Division (EAD) sent short surveys to a sample of clients receiving home delivered meals and transportation in 2005 in an effort to fulfill several goals and objectives in our *Four Year Area Plan on Aging* and improve the quality of services being delivered. The candid responses will help us assist our service providers in addressing client needs.

Specific suggestions on how to improve the services were received. The most frequent suggestions for *Home Delivered Meals* were to have better variety of foods including fresh fruits and vegetables and more specialized meals for those on restricted diets.

Many wanted more frequent *Transportation Services* by providing rides during evening hours or on weekends. Unfortunately, current funding levels do not permit Catholic

Charities Hawaii to offer additional services at this time. Should additional funding become available in the future, enhanced services will be considered. In the meantime, please contact Customer Service representatives at TheBus at **848-4500** or Handivan at **523-4083** to find out how you can use Honolulu's award winning bus system during hours service is not provided by Catholic Charities Hawaii.

Overall, 43% of all surveys were returned completed. However, about 6% of the surveys were returned as undeliverable because we did not have the most current mailing address. We will be sending out additional client satisfaction surveys soon. If you receive one, we hope you will take the time to respond so we can improve service delivery of these vital home and community based services to seniors and their caregivers. Should you have any further comments, please contact Pat Tompkins at **523-4546**.

Home Delivered Meals

280 Sent Out 93 Returned

- 91% said their meals were delivered on time.
- 78% said the meals tasted good.
- 98% said the driver (delivery person) was helpful.
- 86% said the service met their needs.
- 90% would recommend the service to others.

Transportation

191 Sent Out 108 Returned

- 91% were picked up on time
- 99% felt safe when riding in the van.
- 96% were dropped off on time.
- 98% felt the service met their needs.
- 100% would recommend the service to others.

By Tony Baccay



DCS Welcomes New Addition to Staff

Danny Agsalog

was appointed as the Senior Advisor to the Department of Community Services in January 2006. He holds a Bachelor of Arts in Business Administration from the University of Hawaii at Manoa and a Masters in Business Administration from Hawaii Pacific University. Prior to his appointment, he was the Senior Advisor of the Honolulu Emergency Services Department. Originally from the island of Maui, Mr. Agsalog served as the Budget Director for the County of Maui before joining Mayor Mufi Hannemann's administration. "As a newcomer to the City and to the Department of Community Services, I really appreciate the warm and sincere welcome I have received from staff,"

Agsalog said. "It's so inspiring to be able to work with people who are so dedicated to serving our community. I am honored to be a member of this team."

The Elderly Affairs Division recently added two Community Service Aides (CSAs) and a Kupuna Care Intaker (KCI) to its corps of outreach workers. CSAs **Barbara Evans** and **Sharra Feliciano** are responsible for locating, contacting, and informing potential clients of the services available to them. Barbara moved from Oregon to Hawaii 10 years ago. "I really appreciate the opportunity to help the elderly in our community get the services they need and deserve," she says of being a CSA. Barbara volunteers



in Waikiki helping people of all ages. She likes to watch old movies, loves to read, and takes care of her pet chihuahua, Pearl.

Sharra was born and raised in Hawaii and has been involved in volunteer services for 11 years. "I



enjoy helping people and am very excited to start a new career as a Community Service Aid," she stated.

Sharra is a music enthusiast and is versatile in playing the piano, drums and ukulele.

Monalisa Salcedo is a Kupuna Care Intaker who will be responsible for assessing frail, homebound seniors who desire to live at home instead of an institution. "My grandmother who passed away four years ago is my inspiration to help our kupuna," says Monalisa when asked about being a KCI. "I want to be able to help those who cannot help themselves." Aside from being a KCI, she is a student at the University of Hawaii West Oahu studying Sociology and Psychology.



Monalisa enjoys listening to a wide range of music. Her current obsession is listening to Patsy Cline. Welcome aboard, everyone!

June 2006

3 AARP Driver Safety Program.

St. Francis Hospital, Liliha, **547-6410**, Jun 3 & 10, 8:30 a.m.-12:30 p.m.; AARP Information Center, **843-1906**, Jun 16 & 23, 12 noon - 4 p.m.; Waianae United Methodist Church, **668-7160** or **695-8196**, Jun 21 & 22, 8:30 a.m.-12:30 p.m.

10 HMSA's Caring for Family, Caring for Yourself: An Oahu Caregiver's Conference.

Saturday, Jun 10, 8:30 a.m. -4 p.m. (check-in starts at 7:30 a.m.) Hawaii Convention Center. Presented by AARP, Alu Like, HMSA, and Elderly Affairs. Keynote speaker is Clarence Liu, M.A., M. Div., Cost \$30, lunch included for those who pre-register by June 5. Scholarships available for Native Hawaiians and those who meet income guidelines through Alu Like (**535-1326**). To register call **956-8204** or visit www.elderlyaffairs.com

25 Franciscan Adult Day Center's 10th Anniversary and Open House.

Sunday, Jun 25, 10 a.m. -1 p.m., Central Union Church, 1660 S. Beretania Street. A

bleeding and refreshments are planned for this event. For more information, call Alex Au at **988-5678**.

27 Lanakila Meals on Wheels Group Dining Showcase of Talents.

Tuesday, Jun 27, 9 a.m. -12 noon, McCoy Pavilion. Group dining participants only. 400 attendees expected for this event. There will be tap, line, ballroom dance, Japanese sword dance, singing, and hula. For more information call LMOW at **531-0555**.

July 2006

8 AARP Driver Safety Program.

Kaiser Health Center (Hawaii Kai), **432-2260**, Jul 8 & 15, 8 a.m.-12 noon; Queen's Medical Center, **537-7117**, Jul 9 & 16, 9 a.m.-1 p.m.; Kaiser Clinic (Mililani), **432-2260**, Jul 15 & 22, 9 a.m.-1 p.m.; Honolulu Kaiser Clinic, **432-2260**, Jul 18 & 25, 12 noon-4 p.m.; St. Francis Medical Center-West, **547-6410**, Jul 22 & 29, 9 a.m.-1 p.m.; AARP Information Center, **843-1906**, Jul 28, 12 noon-4 p.m.

August 2006

4 Candidate Fair.

Lanakila Multi-Purpose Senior Center, Aug 4, 9 a.m.-11 a.m. Political candidates are invited to

encourage one-to-one contact between older adults and candidates. There are games and door prizes. For more information, call Aura Wilson at **847-1322**.

5 AARP Driver Safety Program.

St. Francis Hospital (Liliha), **547-6410**, Aug 5 & 12, 8:30 a.m.-12:30 p.m.; Lanakila Senior Center, **847-1322**, Aug 9 & 11, 8 a.m.-12:30 p.m.; Waianae United Methodist Church, **668-7160** or **695-8196**, Aug 5 & 12, 8:30 a.m.-12:30 p.m.; AARP Information Center, **843-1906**, Aug 14, 12 noon -4 p.m.

September 2006

1 AARP Driver Safety Program.

AARP Information Center, **843-1906**, Sept 1 & 8, 12 noon -4 p.m.; Kaiser Health Center (Hawaii Kai), **432-2260**, Sept 9 & 16, 8 a.m.-12 noon; Queen's Medical Center, **537-7117**, Sept 10 & 17, 9 a.m.-1 p.m.; Honolulu Kaiser Clinic, **432-2260**, Sept 19 & 26, 12 noon-4 p.m.; St. Francis Medical Center, (West), **547-6410**, Sept 23 & 30, 9 a.m.-1 p.m.

22 Hawaii Seniors' Fair.

Sept 22-24, 8:30 a.m. -4:30 p.m., Blaisdell Exhibition Hall, Free Admission. Entertainment, crafts, health exhibits. For more information, call Production Hawaii, Inc. at **832-7878**.

Information and Assistance for family and friends who reside on the Neighbor Islands:

Kauai Agency on Aging 1-808-241-6400
4444 Rice Street, Suite 330, Lihue, HI 96766

Hawaii County Office on Aging 1-808-961-8600
Hilo Office

101 Aupuni Street, Suite 342, Hilo, HI 96720

Kona Office 1-808-327-3597
75-5706 Kuakini Hwy., Suite 106
Kailua-Kona, HI 96740

Maui County Office on Aging 1-808-270-7755

Information Assistance & Outreach 1-808-270-7774
200 S. High Street, Wailuku, HI 96793

Molokai 1-808-553-5241

Lanai 1-808-565-7714

To obtain State information, contact:

State Executive Office
on Aging (EOA) 1-808-586-0100
250 S. Hotel Street, Suite 406, Honolulu, HI 96813

For Out-of-State information, contact:

National Eldercare Locator 1-800-677-1116

Department of Community Services

ELDERLY AFFAIRS DIVISION

The Area Agency on Aging for the City and County of Honolulu
715 South King Street, Suite 200, Honolulu, Hawaii 96813

County Executive on Aging Karen Miyake

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ALOHA PUMEHANA is published four times a year to provide the public with information on aging issues and programs on Oahu. To be placed on the mailing list, please call **523-4545**. Written contributions to the newsletter are welcomed.

MUFI HANNEMANN
Mayor of Honolulu



BE PREPARED
June 1 through November 30 is Hawaii's hurricane season. In this issue of Aloha Pumehana, you will find a special insert to help you prepare. Follow its direction and display the insert where it can readily be referred to. Remember: it is YOUR responsibility to be prepared.

ELDERLY AFFAIRS DIVISION
DEPARTMENT OF COMMUNITY SERVICES
CITY AND COUNTY OF HONOLULU
715 SOUTH KING STREET, SUITE 200
HONOLULU, HAWAII 96813

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Checklist to Help Prepare for Hurricanes, Tropical Storms Or Any Major Disaster

At the beginning of each hurricane season (June 1 to November 30)

Prepare Your Emergency Plan

What will you do? What will you need? Where will you go? How will you get there?

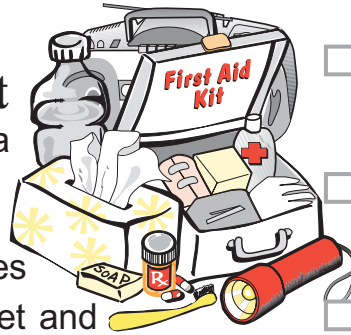
Contact Oahu Civil Defense at **523-4121** if you need information on what disasters could occur in your area and how to prepare.

- ☐ If not totally independent, create a support network to help you in an emergency. Discuss plans with your support network.

Assemble a Survival Kit

Assemble a survival kit in a backpack, cooler, or bag:

- ☐ Portable radio and flashlight, extra batteries
- ☐ Sleeping bag or blanket and air mattress
- ☐ Extra clothing, covered shoes
- ☐ Bottled water to take medications and prevent dehydration (2 quarts per day)
- ☐ Nonperishable food for 3 to 5 days, can opener
- ☐ Disposable cups, plates, utensils, paper towels, plastic bags
- ☐ Medications and first aid kit
- ☐ Personal articles such as toothbrush, toilet paper, moist towelettes
- ☐ Assistive equipment such as extra eyeglasses, hearing aides, etc.
- ☐ List of contacts, doctors, medications



Be Ready

- ☐ Be ready to cope with the loss of water, electricity, gas, and telephone services. Know how to shut off utilities.
- ☐ Determine care of pets.



Getting Ready

- ☐ Notify family, friends, neighbors. Review evacuation routes, destination and meeting point if separated.
- ☐ Assemble valuables like important papers. Store what you cannot take on secured shelves or upper floors.
- ☐ Be prepared to evacuate if the order to evacuate is given. Keep car gas tank full or make arrangements for ride.
- ☐ Check outdoor items that might blow away or be torn loose. Secure these items or take them indoors.
- ☐ Board up windows and glass doors, brace sliding glass door.
- ☐ Store water in containers, bathtub, washing machine.

Leaving Home




- ☐ Shut off electricity, water and gas.
- ☐ Lock windows and doors. Place wedge in sliding glass doors at top.
- ☐ Take survival kit and small valuables. Wear your medic alert bracelet.



Hurricane and Storm Preparation for Seniors

You are responsible for preparations. During a real disaster, it may take at least 48 to 72 hours before any government agency is able to respond to individual requests for assistance. Therefore, **DO NOT COUNT ON ANY GOVERNMENT AGENCY MAKING SPECIAL ARRANGEMENTS FOR YOU** in the midst of the disaster. You should be prepared to ask for help from family, neighbors or friends if you are unable to be independent. As a last resort, prepare your home or apartment to shelter you. Ask your building manager for advice, long before a disaster threatens.

Plan for emergencies. If not totally independent, develop a support network of people who will help you in an emergency. Write their names and contact information below.

NAME	HOME 	WORK 	CELL PHONE 

1. How do I find out if a hurricane or tropical storm is expected?

LISTEN and READ. **WATCHES and WARNINGS** are broadcast by radio and television. Check the papers or the internet. Ask friends or family to notify you. To get warnings e-mailed to you, see www.honolulu.gov/ocda.

2. What should I do when watches or warnings are broadcast?

PREPARE. A **WATCH** means a hurricane **may occur within 36 hours**. This is time to prepare. See checklists on the back of this page. Also, contact your support network.

ACT. A **WARNING** means that a hurricane **may occur within 24 hours**. Act to protect your life and property. Listen for announcements of shelter openings, anticipate siren soundings and evacuation advisories or orders.

3. If told to evacuate, where should I go?

GO to homes of friends, relatives or to shelters.

4. What should I bring?

BRING everything you anticipate needing for at least a **3 day stay** at a shelter or another home. No provisions to support you are made in the shelters. See back of page for lists of what you should bring.

